

The following information is brought to you by the **Tobacco-Free Collaborative** (TFC). The TFC is a local coalition of organizations and individuals with the purpose of reducing tobacco use and its harm. TFC focuses on efforts to address youth access and exposure to tobacco, public exposure to secondhand smoke, and coordination of smoking cessation services to the public.

If you would like more information about the TFC, please contact:

Jason Fallon
Tobacco-Free Collaborative Coordinator
Phone: (614)462-3718
Email: jmfallon@co.franklin.oh.us



Train the Trainer Smoking Programs

The following are programs which you can teach others after you have been trained with the appropriate materials.

American Cancer Society

Fresh Start

Train the trainer behavior modification cessation program encourages group cinteraction
Free for worksites and community settings.

Candi Rotolo
(614)324-5305

American Lung Association

N.O.T. – Not On Tobacco/youth cessation

N.O.T. = voluntary 10-session program for teens that want to quit

\$180 for adults to attend training sessions to become facilitators for both programs

Barbara Johnson
(614)279-1700

American Lung Association

A.T.S. – Alternative to Suspension

A.T.S. = 4-session education for students about tobacco

\$180 for adults to attend training sessions to become facilitators for both programs

Barbara Johnson
(614)279-1700

Ohio Dental Association

Operation TACTIC (Teens Against Chewing Tobacco in the Community)
Program appropriate for grades 3-5, 6-8 and high school. Can be implemented as a one-time program in classroom or assembly setting.
The video is 13 minutes long.

\$62 plus tax and shipping

Call (614)486-2700 or email kellyh@oda.org for more info

Online Quit Guides and Resources

Smokefree Families

<http://www.smokefreefamilies.org>

American Lung Association

<http://www.lungusa.org/>

(click on Freedom From Smoking)

How to quit smoking...& quit for keeps

(by the National Institutes of Health)

<http://www.quit-smoking.com/clearingair.htm>

Smokefree.gov

<http://www.smokefree.gov>

Quit Lines

Ohio Tobacco Quit Line

1-800-934-4840

American Legacy Great Start Quit Line

1-866-66-START (1-866-667-8278)

American Cancer Society Quit Line

1-800-ACS-2345 (1-800-227-2345)

American Lung Association

1-800-LUNG-USA (1-800-586-4872)



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Columbus, OH 43215

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Quit Smoking Today!

**Smoking Cessation
Services in Franklin
County**

Brought to you by the...





Franklin County Smoking Cessation Services



Agency	Program	Program Information	Cost	Contact
American Lung Association	Freedom From Smoking (online program also)	6-session behavior modification program for the workplace	\$75 per person, or workplace pays Free at www.lungusa.org	Barbara Johnson (614)279-1700
	Hypnosis	One time hypnosis session	\$50 per person, can return as needed, free of charge for 1 year	
Central Ohio Breathing Association	Individual counseling	One-on-one counseling on behavior change, setting a quit date and relapse prevention	Free	Matthew Roberts (614)457-4570 Ext. 22
	Quit for Good	Individual counseling and medication therapy when appropriate. Site specific. Call for locations. Counseling for pregnant women available.	Free	
Children's Hospital	Smoking Cessation	Program designed for parents of Children's Hospital patients and Hospital employees who want to quit smoking. Program is supervised by an adult medicine specialist with experience in smoking cessation along with a trained smoking cessation teacher. Class includes 8 sessions, support and medication (with an 80% price savings) if chosen.	Free	Community Education (614)722-4949
Doctors Hospital OhioHealth	Fresh Start	Group support and behavior modification. Four one-hour sessions. Held at Doctors Hospital at 5100 West Broad Street.	\$10 per person	To register, call OhioHealth at (614)566-4321
First Church of God	Changing Environment & Attitudes for Smoking Elimination (CEASE)	Designed to serve individuals within the faith-based Franklin County African American community, who smoke, are exposed to secondhand smoke and/or are at risk for smoking behaviors, including smoking cessation, secondhand smoke and youth education, & a countywide Sunday campaign.	Free	Victoria Wilder Crews (614)231-9216
Grant Hospital Fitness Center	Smoking Cessation	5 sessions preparing the smoker to quit. Held at Grant Health and Fitness Center.	\$50 per person	Mitzy Noisette (614)566-8295
James Cancer Hospital – OSU	Kick-It Program	5-week behavior modification program with phone follow-up	\$75 per person	To register, contact the James Line at 1-800-293-5066
McConnell Heart Health Center	Smoking Cessation	8-week behavior modification program This program also available for worksite facilitation	\$95 for members/\$150 for non-members Would provide group rate	John Norris (614)566-3852
Mount Carmel Hospital	Mount Carmel Smoke Stoppers	Eight 60-90 minute meetings over a one-month period breaking the steps to being smoke-free into three phases. Includes Smoke Stoppers Kits, follow up calls and patients are also free to return at any time with no additional costs. Open to public & can be provided at place of business.	\$125	Ann Thorne (614)234-QUIT (7848)
Native American Indian Center of Central Ohio	Second Wind (cessation program)	Designed to help American Indians (ages 18+) to stop smoking and remain smoke-free. Utilizes a facilitator within a group setting, pharmacotherapy treatments, and other relevant traditional remedies	Free	George Pryor III (614)443-6120 zedek13@yahoo.com
Ohio Hispanic Coalition	Quit for Good	Individual counseling and medication therapy when appropriate. Site specific. Call for locations. Counseling for pregnant women available.	Free	Maria-Carmen Lambea (614)840-9934
Ohio State University Clinical Partners	Be “Smoke Free”! (cessation program)	Four individual counseling sessions with a pharmacist. Follow-up and monitoring for 6 months. Possible use of latest smoking cessation therapy (including Zyban and Nicotine replacement therapy)	\$120 registration fee OR \$40 initial visit; \$20 follow-up counseling sessions (3); \$10 follow-up phone calls (4)	Call (614)293-5085 for more information
Project Linden, Inc.	Living Smart Tobacco Prevention/Cessation	Offers comprehensive services within schools and throughout Columbus/Franklin County targeting high risk African American youth ages 8-18 and pregnant females.	Free	Call (614)294-5677 or (614)257-0262 for more info
Safe and Drug Free Schools Consortium	H.A.B.I.T. – Health Awareness for Being Independent of Tobacco	Educational alternative to school suspension or formal court action. A health awareness program for middle and high school students who have violated their school's tobacco use policy and/or who are interested in becoming free of the nicotine addiction; smoking or oral use of tobacco.	Free. Open to students and their parent/guardian in Franklin County.	Call for schedule and registration at (614)292-8707